



COMMON SENSE in the HOME

EDITED by MARION HARLAND



SUGGESTIONS FOR EGG COOKERY.

ENT arrived at such a startlingly early date this year that it rather threw the housekeeper out in some of her calculations. Eggs are among our standbys at this period and no self-respecting person would be inclined to do her best in the laying line in February and early March! I know that we are told that the cold storage egg is always with us, but even they are kept up in price before the "strictly fresh" eggs are put on the market.

However, as the season wears on eggs become more plentiful and at their dearest they are less costly than meat. Study up a variety of ways to prepare them, not only from motives of economy but also because they make less of a demand upon the average digestion than so much meat, and in order to introduce them into the bill of fare with satisfaction to the eaters they must be made appetizing.

Countless are the combinations in which eggs can be cooked. A certain celebrated restaurant in Paris makes its boast of serving eggs in over a hundred different fashions, and this cook who limits herself to boiling, frying, poaching, and scrambling eggs has only begun her education. There seems practically no end to the combinations with meat, fish, vegetables, cheese, and the like which can be wrought if you possess a love for cookery and a family who appreciate your efforts to offer them novelties.

If the recipes which I give with this should move other housekeepers to invent new egg dishes and tell about them or to report unusual recipes they already have I shall be grateful but in any case I hope my suggestions may prove of help to those of you who struggle against monotony in cookery and are obliged to get variety at small cost. Egg dishes may not serve for the main item at dinner, but at breakfast, luncheon, or supper they are invaluable.

BREAKFAST EGGS—Boil eggs hard, remove the shells, and cut them in small pieces or chop them coarsely, the whites and the yolks together. Make a cupful of white sauce with a tablespoonful each of butter and flour, cooked together until they bubble, and a half pint of milk, stirred with these until the sauce is smooth and thick. Season to taste with salt and pepper, and the chopped eggs, and pour on rounds or squares of toast. Serve hot.

Or if you have gravy or stock you may use this for your sauce instead of the milk, cooking it in the same way with the butter and flour. Or you may skip out the eggs with the remnants of an old meat you have, adding this to the sauce, or you may put in a few pieces of ham or corn with the eggs. Made in this way this dish is substantial enough to serve for luncheon. There is more economy in cooking the eggs this way than in serving them boiled, fried or poached. The man who would think nothing of eating two eggs prepared in one of these styles will be satisfied with one or one and a half when they are mixed with a sauce such as I have described, and served on toast.

BAKED EGGS [I]—Butter small nappies on the inside, put a tablespoonful of milk or gravy in each one and break into it an egg, taking pains not to mix the yolk and white. Dust it with salt and pepper.

of any kind, seasoning it well unless salt fish is used. If you lack either of these you can fit a piece of buttered toast in the bottom of the nappy, moisten it with gravy, and drop the egg upon it as in the preceding recipe.

This is an excellent way to use scraps of cold meat and vegetables, chopping and mixing them and seasoning them so that they are really savory.

CREAMED EGGS—Boil six eggs hard, peel them, and cut them in halves. Continue in this way until the dish is full, making the top layer of crumbs. Just before putting this on pour into the dish a cupful of milk or of gravy or of soup stock, strewn the crumbs on top.

of anchovies with a fork, put with them a half teaspoonful of onion juice and a little pepper. Mix with them a half cupful of bread crumbs, a tablespoonful of melted butter, and the yolks of two eggs. Spread this on the bottom of a shallow bake dish, set it in the oven long enough to heat and brown the mixture, break carefully upon the paste six eggs, or break each separately into a saucer and slide from this into the dish one at a time that the eggs may keep their shape. Return the dish to the oven, let it remain there until the whites are firm, and then serve.

CHEESE EGGS—Grate a half pound of American dairy cheese, put it over the fire with a tablespoonful of butter, a half cup of good stock, a teaspoonful of salt, a dash of paprika, and a teaspoonful of Worcestershire sauce. Stir until the cheese is melted; then put in four or five well beaten eggs and cook three minutes. Serve on buttered toast. An excellent luncheon dish.

EPHRAIM EGGS—Make a cupful of white sauce, as already directed, and when it is thick and smooth add to it four tablespoonfuls of grated cheese. Stir until this is melted, and then pour a quarter of it into a buttered nappy, and thus fill four nappies. Into each one of these break an egg, sprinkle with salt and pepper, and put into the oven until the eggs are set. Sprinkle a little minced parsley over the top and serve at once.

BAKED EGGS, MADRID STYLE—Make a cup of thick tomato sauce, or chop the canned or stewed tomato, four without straining it, seasoning it with onion juice, salt, and pepper. Mix with this a couple of link sausages that have been cooked and chopped into small pieces; pour the mixture into a dish and break upon it as many eggs as the space will allow without crowding; set in the oven and cook until the whites of the eggs are firm.

BAKED EGGS WITH HAM—Add a teaspoonful of onion juice to a cupful of finely chopped and boiled ham, season with a little pepper—no more salt will be needed than is supplied by the ham—a tablespoonful of minced parsley, and turn the mixture into a frying pan in which is a tablespoonful of melted butter. You can either stir the mixture as you would for scrambled eggs until the eggs thicken, or you may cook it as you would an omelet, loosening it from the bottom with an omelet knife and folding it when done. In either way it is very good.

EGGS A LA LAURENNE—Add a small onion, minced very fine, a couple of stalks of chopped celery, and salt and pepper to taste to a pint of stewed tomatoes in which the hard lumps have been broken or chopped. Heat it to the boil and let it cook for ten minutes. Have six eggs well beaten; stir these into the tomato puree, cook five minutes, and serve.

EGGS WITH ASPARAGUS TIPS—Boil asparagus tender and cut off the tips. The canned tips may be used. Butter small nappies, put a tablespoonful of milk or

white sauce into each, lay the asparagus tips about the edges, drop a raw egg carefully into the nappy, taking pains not to mix the white and yolk, add a tablespoonful more of milk and a sprinkling of salt and pepper, set the nappies in a pan of hot water in the oven, and bake until the eggs are set.

EGGS WITH CORN—For this you may use either the fresh corn, boiling it and cutting it from the cob, or the canned corn, turning it from the tin a couple of hours before it is to be used. Separate the whites and yolks of five eggs and beat the latter a few minutes, the whites until stiff. Put the corn with the yolks, season to taste with pepper and salt, then stir in the whites lightly and cook in a shallow saucepan for five minutes or until the mixture thickens. If you prefer you can cook in an omelet pan and serve with or without folding.

BREADED EGGS, SWISS STYLE—Soak a half cup of bread crumbs in a large cup of creamy milk, or if you have only the skim milk add to it a tablespoonful of melted butter. Let them stand fifteen minutes, beat the mixture smooth with a fork, add to it a half teaspoonful of onion juice, a dash of celery salt, and a little white pepper. Stir in four eggs beaten light, add salt to taste, turn into a pan in which is a tablespoonful of melted butter, and stir until the mixture thickens. Let it brown slightly on the bottom and then turn it out on a hot flat dish with the browned side uppermost.

SCRAMBLED EGGS WITH KIDNEYS—Split lamb's kidneys, take out the cores, and cut the rest into small pieces. Roll these in flour, put them in a frying pan with a tablespoonful of butter, and cook them for five minutes. Add a teaspoonful of Worcestershire sauce and salt and pepper to taste. Have ready four eggs broken with the whites and yolks lightly mixed; stir these in with the kidneys and cook until the eggs are set. Serve at once, adding more salt if this seems necessary.

SCRAMBLED EGGS WITH CALVES' BRAINS—Parboil the brains a pair of them for ten minutes, branch by throwing them into cold water, trim them, and cut them into dice and proceed as with the kidneys.

BOUFFE OF EGGS WITH MEAT OR FISH—Take a cupful of any sort of leftover cold meat or fish, treat or salt, chop it fine, season it well, adding onion juice, celery salt, and parsley, if these are needed, and put with a cupful of white sauce. Mix well, stir in the yolks of three eggs, put the compound over the fire, take it off, and add the whites of the eggs beaten to a standing froth. Turn into a buttered baking dish, cover, and bake in a moderate oven fifteen minutes, uncover and brown and send it to table before it has time to fall.

If you wish you can substitute grated cheese or leftover spinach, or almost any other vegetable, chopped and rubbed smooth, for the meat.



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and put another spoonful of milk or gravy on it. Put the nappy in the oven for five minutes or until the white is set and the yolk begins to be firm and serve in the dish in which it was cooked.

BAKED EGGS [II]—Cover the bottom of individual nappies with minced meat or fish

Put the gravy or milk over it and bake as before.

If you wish you may use a larger dish, a pie plate will answer—cover the bottom with meat or well seasoned and moistened bread crumbs and break the eggs on this so close together that their edges almost meet.

throw them into cold water to loosen the shells, peel the eggs and cut them into thin slices. Cover the bottom of a buttered dish with peppered and salted crumbs, place a layer of the sliced eggs on these, then another layer of the crumbs, dotting this with bits of butter and seasoning with more

with the dice of butter and the seasoning, cover and bake fifteen minutes, uncover and brown lightly.

MARION HARLAND'S HELPING HAND.

IMPORTANT NOTICE

BECAUSE of the enormous number of letters sent to the department I must ask contributors to limit their communications to 100 words, except in cases of formulas or recipes which require greater space. I want all my correspondents to have a shooting in the corner, and if my request in this respect is complied with it will be possible to print many more letters.

Attention is called to the fact that Marion Harland cannot receive money for patterns, as she has no connection with any department that sells them.

Marion Harland.

Is a letter ever justifiable?

Not long ago, when in company with a friend, our conversation drifted into a discussion as to whether or not a letter was justifiable. We discussed the question thoroughly and applied it to different instances. For example, she held it wasn't wrong to tell your husband a falsehood if it would save trouble to him, while I said that if you cannot tell him the truth, although it may have been something he would chafe at, you should not say anything, and silence means consent. So I really think an open confession, followed by a determination to refrain from anything that would cause discord, is the best course. Bear in mind that I am speaking of a reasonable person only, dealing with one of the same kind. This subject can be applied to parents, brothers, and sisters, or friends in many ways.

When we closed our argument she was firm in her position and I was even firmer in mine. Which firmness was right?

This is a topic which has excited comment for generations, and probably will always remain unsettled, since the disputants usually end as you and your friend did, each firm in his or her own position.

At the same time I think it would be interesting to know the judgment of the constituency upon what is really a large subject.

We all of us know the arguments for certain lies—the question if it is right to tell a lie to save life, if you may lie to a sick person when the truth might endanger his life, if you may lie to a burglar who asks the way to your money or jewels, if you should lie to a murderer in pursuit of a victim who asks you where he can find his prey.

To my mind these contingencies are in a totally different class from the ordinary daily household falsehoods that women tell when they think the truth would irritate their husbands, that children tell to cover their faults, that friends tell to avoid quarrels or hurt feelings.

My own opinions on the matter are strong. I am not prepared to say I would not tell a lie of the first class to which I have referred, to save life or as a consequence of dangerous illness when the truth might be perilous to a patient.

But I have no doubt whatever on the matter covered by the second class of lies. To my mind family life and happiness and confidence are founded on the truth and you

make a fatal blunder if you depart from it in your dealing with your husband or wife or parents or children or friends—or indeed in any other relation, whether social or business.

You know the saying that the liar's worst punishment is not that no one will believe him, but that he can believe nobody. As he is conscious that he himself is untruthful he looks for the same vice in every one else.

No one of the constituency differs from me on this question? I ask this because of the line of thought suggested by the correspondent who says that she and her friend held opposite views as to the justifiability of a lie. I know a man who declares that the only lie is a falsehood told a person who has a right to know the truth, and argues that a false statement made to a person who has no right to ask a question is not really a lie? How does this impress the rest of you? It will be interesting to know.

Children's Odd Names.

Will you please print through your column a few odd names for boys and girls?

Some of the less hackneyed names for boys are the following: Marcus, Felix, Fulbert, Cyrian, Cedric, Oswald, Sidney, Malcolm, Lancelot, Douglas, Bernard, Eric, Cecil, Sterling, Forgie, Gwendolen, Constance, Guinevere, Beatrice, Porcia, Rosalind, Geraldine, Ermeline, Hermione, Ursula, Althea, Winifred, Imogene, Angela, Francesca.

Unusual names are sometimes charming for the mother, but many a small boy or girl has suffered under the burden of a peculiar name which playmates could make fun of and has wished to be plain John or Susan. Bear this in mind when naming your child.

Wants Graphophone Records.

I am an inmate of an infirmary, and wish to know if there is any one who has records for a graphophone and would be willing to give them away. It makes no difference if they are old or new, or hymns. Anything will be welcome. Also I would like a large horn for a graphophone.

H. E. S.

An appeal like this from an invalid always touches me especially. It takes little imagination to picture to oneself the lonely, dreary days in an infirmary, their monotony broken by little of cheer and brightness. To the patients in such a place a graphophone, a phonograph, or any of the other mechanical inventions by which music can be supplied to those who cannot procure it for themselves or go out to hear others make it brings a joy and a diversion which the happy well people can hardly understand. I know I do not have to bring the needs of such shut-ins to the constituency more than once or twice in order to call forth a reply, and I am counting on early applications for the address of H. E. S. and others of the gifts he seeks.

Corneal Turkey Stuffing.

In order to comply with the request of M. A. V. V. for cornmeal stuffing for turkey, and having just partaken of some of

my own table, which I, although a man, prepared for myself, I append a recipe which I trust will prove to be excellent.

In the first place, and by way of parenthesis, let me say that I frequently go into the kitchen and make dressings, salads, etc., and have something of a knack for seasoning and mixing. Here is the recipe.

"Make a pan of egg bread with one egg,

a pint of sifted meal into which two even teaspoons of baking powder and half a teaspoon of salt have been placed. Mix with a cup of sweet milk and two tablespoonfuls of cooking oil, or its equivalent in lard. Bake to a light golden brown. Take a loaf of stale white bread and mix with the cornmeal egg bread in a large bowl. Chop a couple of tablespoons of the fresh crisp tops of celery and one hard-boiled egg and mix with the crumbs. Chop half the liver and half the gizzard of the turkey and mix with whole heart with a rounding tablespoonful of

chopped onion and cook slightly in a skillet with a rounding tablespoonful of butter. Cook only until the onion becomes a delicate brown, then turn in the crumbs, break a whole egg into the mixture, and stir well, moistening with milk and water in equal parts; season with salt, ground pepper, and a pinch of paprika. This will fill a ten pound turkey. Stuffing may be added to the dressing, if desired. I trust this may fill the wants of M. A. V. V. as it does the turkey and the consumer. R. E. L. N."

Here is a man after my own heart, who cannot only cook but tell others how to do it! I hope M. A. V. V. may test this recipe and I am sure I shall. The combination sounds as if it ought to be good and rich and satisfying. In fact, a stuffing like that should be a meal in itself and fill the requirements of the heartiest appetite. It is a recipe that will be cut out and saved by those of us who enjoy good eating and like to prepare novelties for our households—and that classification includes pretty nearly all housekeepers.

Wants Helps in Shorthand.

I would be greatly indebted to you if you would publish my request in your Corner for any shorthand books. Also if any one would loan me a typewriter for a few weeks I would take the best of care of it. I hope that some day I may be able to do something for the Corner. I will call for any articles or pay postage on them.

E. R.

Another appeal, though of a different nature. We have so many students of shorthand among our correspondents that I am sure some "Concise" will be ready with the books asked for by E. R. With the typewriter it is a rather different matter. The person who owns such a machine has a sort of affection for it, which results in

a disinclination to lend the "faithful yoke-fellow" to any one not practiced in its use. However, there may be some one who has a machine no longer in service and may be willing to let E. R. have this. I hold the address for any one who will send for this the 10th of filling the requirements of this request.

Rhubarb Marmalade Recipe.

I send a recipe for rhubarb marmalade which may prove what you wish. Two quarts rhubarb, two cups sugar, two oranges, juice of one and grated rind of one, one cup chopped raisins. Cut the rhubarb in pieces, cover it with sugar, and let it stand over night, then add other fruit and cook until thick. All my friends and neighbors who have tasted this marmalade have liked it and many of them have made it for themselves. If you wish you can make it without the raisins.

A long time ago there was a question about burning garbage in a cook stove. I have a stove that has been in use every day for thirty-two years and the garbage has never been less than four to cook for (some days were twelve). On holidays I have had twenty or more. I am cooking for six now on the same old stove. We burned every bit of garbage until three years ago when I came to live in a flat. In summer I do not keep the fire hot enough between meals to burn melon rinds and these are the only things I put out for the garbage man. I think this will prove it does not injure a stove to burn garbage in it. Of course, I have always been careful not to put the garbage against the lining.

Although I have printed a number of recipes for rhubarb marmalade I am sure there is someone who has either missed the earlier recipes or who will like to vary that which she has with this method. I am interested in your remarks about burning garbage in a stove. I confess that my own objection to the process is based as much upon the odor which sometimes proceeds from consuming refuse of the kind as from the harm it may do the stove. You certainly have a strong argument against the range suffering damage by the burning and if every housekeeper would see for herself that the work is properly done the injury might be reduced to a minimum.

I wish it were possible for each home to be supplied with one of the garbage incinerators with which large establishments are now provided, which convert scraps and rubbish into inoffensive ashes and do away entirely with the garbage pail with its accompanying unpleasant smells and its attractions to roach and cockroaches! One of these days it may be that someone will devise an incinerator which will serve for a family of ordinary size but I don't think this has been achieved as yet.

Recipes for Sponge Cake.

I am sending the recipe for velvet sponge cake, asked for by Ida M. K.:

Two cupfuls sugar, six eggs, leaving out the whites of three; one cupful boiling hot water, two and a half cupfuls flour, one tablespoonful baking powder in the

four. Beat the yolks a little, add the sugar, and beat fifteen minutes; add the three beaten whites and the cupful of boiling water just before the flour, flavor with a teaspoonful of lemon extract and bake in three layers. Put lining between them, made by adding to the three whites, beaten to a stiff froth, six dessert spoonfuls of pulverized sugar to each egg. Flavor with lemon or vanilla.

With two such recipes as these there is no reason good sponge cake should not be attained. Let me add one word of caution relative to the baking. Be careful that the oven door is not slammed while the cake is cooking and do not slam on a cover or set a pot down heavily on the top of the stove when the cake is in the oven. I know good cooks who claim that the banging of the kitchen door or a heavy tread on the floor during the process of baking will make the cake fall.

A Soap Recipe.

A while ago you published a fine recipe for making soap. Will you kindly give it again? Mas. E. E. R.

I am not sure that the following is the same recipe which appeared before, but I can recommend it as excellent.

HARD SOAP—Put six pounds of washing soda and three pounds of unslaked lime together and pour on them four gallons of boiling water. Let them stand until entirely clear, then drain off and put in six pounds of clear fat and boil until it begins to harden. This should be at the end of about two hours and you should stir the soap most of the time. While it is boiling thin it with two gallons of cold water which you have poured on the alkaline mixture after pouring off the four gallons, and this also must settle clear before it is drawn off. Add to the soap when there is danger of this boiling over. When it seems thick enough try it by coating a little on a plate and put in a handful of salt just before taking from the fire. Use a tub to prevent sticking; turn in the soap and let it stand until solid. Cut into bars, lay on a board, and leave it to dry. It is much better for use when it has dried for two or three months or even longer. The amount I have given ought to make about forty pounds of soap.

Shorthand Help.

Is there any one who cares for a manual of shorthand? I should be glad to send it to any one who needs it. I. S.

I hold this address on the chance that the manual may be wanted. I am sorry that your application for Christmas tree ornaments came too late to be printed with any chance of getting an answer before the holidays.

FAMILY MEALS FOR A WEEK

SUNDAY.

BREAKFAST.

Grape fruit.

Grape fruit and cream.

Fish balls.

Open omelet.

Toast.

Tea and coffee.

LUNCHEON.

Roast beef.

Milk toast.

Boiled sweet potatoes.

Apple sauce.

Corn cake.

Tea.

DINNER.

Clear soup.

Roast turkey.

Cranberry jelly.

Celery.

Boiled rice.

Brussels sprouts.

Lemon pie.

Black coffee.

MONDAY.

BREAKFAST.

Oranges.

Cracked wheat and cream.

Baron.

Boiled eggs.

Tea and coffee.

LUNCHEON.

Grilled omelet.

Park and beans.

Rice muffins (leftover rice).

Jam.

Corn cake.

Tea.

DINNER.

Vegetable soup.

Cold turkey garnished with cranberry and celery tops.

Boiled celery (leftover).

Baked macaroni.

Raspberry jam tart.

Black coffee.

TUESDAY.

BREAKFAST.

Baked apples.

Shredded wheat and cream.

Baron.

LUNCHEON.

Old lamb, sliced (leftover).

Potato, puff (leftover).

Cheese toast.

Shredded pudding, sliced and heated.

DINNER.

Bean soup.

Boiled corn beef.

Mashed turnips.

Sliced beets.

Mashed and browned potatoes.

Apple snow.

Black coffee.

WEDNESDAY.

BREAKFAST.

Oranges.

Cracked wheat and cream.

Baron and fried apples.

Toast.

Tea and coffee.

LUNCHEON.

Sausage.

Cracked wheat and cream.

Boiled potatoes.

Grilled omelet.

Maple syrup.

Tea.

DINNER.

Spinach soup (leftover).

Roast turkey.

Boiled potatoes.

Wh